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RESO MAGAZINE

The Magazine for Thinkers & Change - Makers

July 2026

Vol. 02, Issue - 05

RESO GLOBAL LEADERSHIP

SOCIAL BONDS

Beyond Borders: The Shared Human Experience!

Beyond Borders, Beyond Ourselves

One Nation's Pain, A Global Ripple

Humanity Knows No Borders

Interconnected in Hope and Suffering

The Ripple Effects of Human Conflict

Social Solidarity

Dr. Massoud Toussi, MD
Author | Entrepreneur | Anesthesiologist

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Editorial Vision

RESO Magazine envisions a platform for critical thought and transformative dialogue on social crises and global leadership. We promote empathetic leadership, including women's voices—while fostering self-growth, social awareness, and intellectual exchange. We aim to inspire change-makers to address contemporary challenges with insight, responsibility, and a commitment to equitable development.

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Editor in Chief: Dr. Surender Kumar
Country: India
Website: www.resoresearch.org
Personal Vision: Global reach of societal awareness in modern times

Editorial Director: Gitta Toussi
Country: United States
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Personal Vision: Possibility begins with thoughtful alignment

Editor's Note:
Special thanks to Michelle Wilder for introducing authors who contributed to this edition.

The Importance of Moral, Humanitarian and Legal Values In Our Time

Dr. Massoud Toussi, M.D.
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DOI 10.5281/zenodo.21524964 *OpenAIRE*

We live in an age of extraordinary progress. Technology advances at breathtaking speed, societies become increasingly interconnected, and knowledge is more accessible than ever before. Yet, despite these achievements, one cannot help but ask a troubling question: Have we lost sight of the values that truly define our humanity?

For many people today—whether politicians, academics, business leaders, craftsmen, or service providers—personal advantage and profit maximization seem to have become the highest priorities. Moral integrity, compassion, and respect for justice are too often relegated to the background. As a result, meaningful discussions about ethical, humanitarian, and legal values have become increasingly difficult. Even more difficult is the expectation that these values should be genuinely upheld.

Recent events around the world, particularly the conflicts in the Middle East, painfully illustrate this reality. Falsehoods are often spread to create a seemingly legitimate foundation for aggression. Actions that lead to destruction and suffering are then presented as noble efforts to protect vulnerable populations. Yet, once political objectives, strategic advantages, or economic interests come within reach, those very people whose suffering was used to justify such actions are frequently forgotten.

The consequences are devastating. Thousands of innocent lives are lost. Families are torn apart. Entire communities are left in despair. Those who survive often continue to endure oppression, violence, and fear under those who hold power. Meanwhile, the architects of these decisions move on, satisfied that their objectives have been achieved.

Such realities force us to confront an uncomfortable truth: whenever power and profit become more important than human dignity, humanity itself is endangered.

I have witnessed a similar principle on a deeply personal level.
There are countless institutions and organizations whose mission is to care for people in need. Their purpose is noble and essential for every compassionate society. Unfortunately, my own experience has shown me that noble missions can sometimes be overshadowed by administrative interests and economic calculations.

More than ten years ago, my beloved wife became severely disabled following what I believe was an unsuccessful and possibly negligent medical treatment. Since then, she has required constant care and support, twenty-four hours a day. She is unable to perform even the simplest tasks independently.

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The Importance of Moral, Humanitarian and Legal Values In Our Time (continued)

Initially, I sought professional assistance from a care organization, trusting that expertise and compassion would guide their work. Sadly, my expectations were met with profound disappointment. The caregivers themselves were not at fault; many of them worked diligently under difficult circumstances and with admirable dedication. Rather, the shortcomings lay within the organization itself. Inadequate training, poor management, and incorrect administrative procedures revealed a system that appeared to prioritize efficiency and financial considerations over the well-being of those it was meant to serve.

Faced with this reality, I made a decision that has shaped my life ever since. As long as I live, and as long as my strength permits, I will personally care for my wife every hour of every day. I will remain by her side and dedicate myself entirely to her well-being. Whether this commitment exhausts me or ultimately consumes all my strength is of no importance. Love does not calculate profit. Love does not seek reward. Love simply fulfills its duty.

Yet, despite all disappointments, I refuse to surrender to pessimism. Not all people are driven by selfishness. There are still countless individuals whose kindness, integrity, and compassion illuminate the world around them. They help others quietly and selflessly, often without recognition or praise. They remind us that goodness still exists and that hope remains alive.

I often wonder how different our world would be if every person embraced three simple principles:

Think good. Speak good. Do good.

These words may appear simple, almost naïve in their simplicity. Yet they contain profound wisdom.
To think good means to cultivate empathy rather than prejudice.
To speak good means to choose truth over deception and respect over hostility.
To do good means to act with compassion, even when no reward is expected.
If every individual sincerely lived by these principles, many of the conflicts, injustices, and divisions that plague our world would gradually disappear.

A society is not measured by its wealth, its power, or its technological achievements. It is measured by the compassion it shows to its weakest members. When profit outweighs humanity, we all become poorer. Yet as long as there are people who choose kindness over selfishness, truth over deception, and service over personal gain, there is still hope for our world. Perhaps the path to a better future is not complicated at all: Think good thoughts. Speak good words. Do good deeds.

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The World We Choose: Confronting the Moral Cost of Hunger

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DOI 10.5281/zenodo.21524964 OpenAIRE

Hunger is not a tragedy of scarcity; it is a failure of human empathy. In a world that produces enough food to feed everyone one and a half times over, hundreds of millions of human beings wake up every single day to the dull, gnawing emptiness of an unfed body. We send satellites beyond our solar system, map the human genome, and harness artificial intelligence, yet we allow young children to go to sleep weeping from hunger beneath the very same beautiful, indifferent night stars.

This is not a local crisis confined to distant lands or forgotten communities. Hunger is a dark global shadow that stretches across dry plains, crowded urban alleyways in wealthy nations, and flooded farmlands across distant continents. It quietly strips away human dignity long before it takes life itself. It steals the painter's brush, the scientist's discovery, and the leader's vision before they have the chance to exist. Every single missed meal is a quiet tragedy, a stolen future, and a severe indictment of our shared global moral priorities today.

We must dismantle the cynical belief that hunger is inevitable. Scarcity is a cruel myth manufactured by systemic inequality, violent conflict, logistical neglect, and persistent economic indifference. Nourishment is never a mere privilege reserved for the fortunate or traded purely as a market commodity; access to nutritious food is a foundational, non-negotiable fundamental human right. When we permit bureaucratic inertia or political greed to stand between a starving child and a single warm bowl of wholesome grain, we betray the basic foundation of our collective global moral conscience.

To eradicate hunger forever, we do not need a miracle; we need bold political courage, fierce moral clarity, and an unrelenting global movement. We must fund sustainable agriculture, eliminate war-driven famines, protect vulnerable regional supply chains, and treat every empty plate as a critical emergency. Let history record that our generation refused to look away. Let us build a world where no mother chooses which child eats, where no farmer starves on fertile ground, and where hunger exists only as a distant memory of our darker shared past.

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Finding Hope: Why I Advocate for Mental Health

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DOI 10.5281/zenodo.21524964 *OpenAIRE*

Mental illness advocacy is deeply personal to me because I have witnessed its impact on someone I love. A family member struggled with a serious mental health disorder that affected every aspect of his life. There was a time when his illness became so severe that he had to be institutionalized. Watching someone I cared about face such overwhelming challenges was heartbreaking, but it also taught me that mental illness is not a weakness or a personal failure. It is a medical condition that deserves compassion, understanding, and proper treatment.

One of the most inspiring parts of my family member's journey has been seeing his recovery. Through professional therapy, the right medications, and the support of those who refused to give up during the mental break, he has made tremendous progress. Today, he is doing much better and has regained hope for his future. His experience has shown me that recovery is possible when people have access to quality mental health care and a strong support system.

I advocate for mental illness because too many people continue to suffer in silence due to fear, shame, or the stigma surrounding mental health. No one should feel embarrassed to ask for help or believe they have to face their struggles alone. By speaking openly about mental illness, we can encourage others to seek treatment and remind them that they are not alone in their journey.

Advocacy also means educating others, promoting empathy, and supporting policies that increase access to mental health services. Every person deserves the opportunity to receive the care they need, regardless of their background or circumstances. My family member's story has taught me that early intervention, understanding, and continued support can truly change lives. That resilience inspires me every day. Because of what my family has experienced, I am committed to being a voice for those living with mental illness and for their families. I want to help reduce stigma, encourage conversations about mental health, and promote hope. Mental illness does not define a person's worth, and with the right treatment and support, people can recover, thrive, and live meaningful lives.

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After the Illusion of Choice: Confronting the Global Reality of No Choice

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DOI 10.5281/zenodo.21524964 OpenAIRE

"Across the world, glamour often disguises the first act of coercion. When force enters the equation, the illusion of choice collapses, revealing systems built to control, not empower." — Michelle Wilder

In June's issue of RESO Magazine, I examined the illusion of choice and how aspiration, inequality, and systemic glamour shape the decisions women make when entering high-risk economies. This month, I turn to its counterpart: the reality of no choice, and how my understanding of exploitation began with a single story long before I recognized its global implications.

In the 1980s, New York City operated on a powerful mythology: glamour as access, proximity as currency, and risk as an expected cost of ambition. Within this landscape moved Eigil Vesti, a Danish FIT student and dear friend whose aesthetic sensibility and social ease made him emblematic of the era's promise. He represented the optimism that cities worldwide continue to project; that visibility and connection equate to safety.

Yet international research on exploitation reveals a consistent truth: environments saturated with glamour often conceal structural vulnerabilities. Eigil's path intersected with art dealer Andrew Crispo and one of Crispo's employees, individuals whose public influence masked coercive dynamics. After meeting them, Eigil disappeared. Days later, his body was found in Stony Point, NY in an area known for its Revolutionary War history. The contrast between the historic landscape and the violence of his death underscores a global pattern: systems that glamorize risk frequently erase the conditions that limit real agency. In many cases, force is present from the beginning, even when disguised as opportunity or belonging.

This dynamic mirrors findings across high-risk economies worldwide. In cities such as Dubai, Lagos, São Paulo, Bangkok, and Manila, aspirational narratives draw individuals into environments where power is asymmetrical and choice is constrained. Whether through nightlife, fashion, entertainment, or informal labor markets, exploitation often begins with a manufactured sense of access, while coercion and control operate beneath the surface.

Years later, my own near-fatal experience revealed the same architecture: danger masked by glamour, vulnerability hidden within aspiration. Today, U.S.-based organizations with global reach including The Lifeboat Project, led by Jill Bolander Cohen, and the Tim Tebow Foundation, founded by Tim Tebow confront these systems directly through trauma-informed recovery, international rescue initiatives, prevention education, and survivor-centered support.

This is why I write, speak, and serve. Because beneath the surface of glamour and in every country, every economy, every era exploitation thrives wherever society allows the illusion of choice to remain unchallenged.

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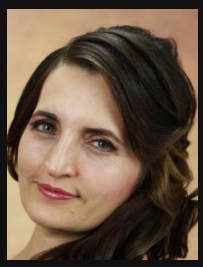
The misunderstanding between accountability and control



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DOI 10.5281/zenodo.21524964 *OpenAIRE*

As part of establishing trust, you have a written or verbal agreement and, at some point, fail to honor it; some people think that, when being questioned, they are being controlled. Some people believe it's ok to "annul" single-handedly a vow or a mutual agreement, even when the person in front of them has never introduced betrayal.

Maybe these types of people genuinely believe that it is their righteous entitlement to change their mind at will — after all, in some countries and cultures legal papers do state things like "either party can annul at will without reason." As long as both agree to something like this clearly stated, it's considered an agreement.

Looking closer, though, is this a legal agreement to not consistently uphold ethical accountability? Or an agreement to take accountability selectively and however it then suits either party, each can annul without reason?

...a legal sign-up to not need to remain ethically accountable to a mutual agreement... this is one paradox I find where an agreement is, in essence, accountability with wiggle room, something that can be scoped and morphed and eventually even annulled by what suits oneself...

Is this really accountability, or is it self-preservation control presented as accountability? While I understand we cannot foresee the future perfectly and so we don't want to accidentally lock ourselves into a demise, true accountability, though, is in my opinion relentlessly practiced ethics and integrity. True accountability can also show itself when practicing self-control in trying to exit (or annul) because it does not require the effort of introspection, honesty, and bringing out the best in oneself.

So, in this spirit, if a person annuls an agreement without being questioned by the other party, this does not necessarily always mean that, even if legally everything is fine, ethically this person has lived up to their accountability. At the same time, when a person annulling an agreement is being questioned, it may merely be a compassionate act of grace to introspect whether ethical conduct is being upheld.

Hence,
** The freedom to exit without self-control to reflect and introspect first can become avoidance of growth*
** Commitment without flexibility can become a form of confinement*

Accountability requires the inner discipline to examine both.

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AI and Ethics in System Development

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DOI 10.5281/zenodo.21524964 *OpenAIRE*

Artificial intelligence is transforming how modern systems are conceived, built, and deployed. Its ability to automate decisions, uncover patterns, and operate at scale has unlocked extraordinary opportunities across industries. Yet this power comes with equally significant responsibility: ensuring that AI systems are developed ethically. Ethical considerations are no longer optional add-ons; they are foundational to building technology people can trust.

The rise of AI-inspired technological platforms is reshaping how systems are designed, built, and deployed, but its power comes with responsibility. However, ethical system development is no longer optional; it's a core requirement for creating technology people can trust.

One of the most pressing challenges is bias. AI models are learning from stored data, and that data often reflects historical inequities, cultural assumptions, or incomplete perspectives. Often, early data models and training data are limited, leaving many missed opportunities for inclusion and to meet everyone's needs. Without deliberate intervention, these biases can become embedded in automated decisions, influencing outcomes in hiring, lending, education, healthcare, and public services. Organizations must put in place processes to actively audit and correct for bias; systems can unintentionally reinforce discrimination in hiring, lending, healthcare, and more.

Next, the critical issue is transparency in AI-inspired system development. Users and stakeholders must be informed about how AI-designed decisions are achieved. It becomes vital to document model behavior, providing explainable outputs where possible, and communicating limitations honestly. Transparency is important for building trust and accountability.

Finally, data privacy is equally important. AI systems often rely on large volumes of personal or sensitive data. Ethical development demands that privacy be treated as a design principle, not an afterthought. Thus, giving users meaningful choices about how their information is used. Ensuring privacy is not just a regulatory requirement; it is a moral one.

In conclusion, ethical AI is about more than just preventing harm. It is about designing systems that enhance human potential, support fairness, and strengthen society. Ethical system development ensures that innovation advances with integrity and that the future we build with AI is one we can stand behind.

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Dr. B. R. Ambedkar: An Era of Dynamic Sociology

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DOI 10.5281/zenodo.21524964 OpenAIRE

Dr. Bhimrao Ramji Ambedkar was not only the principal architect of the Indian Constitution but also one of the most influential sociological thinkers of the modern era. His scholarship transformed the understanding of caste, inequality, democracy, and social justice, making his work relevant far beyond the boundaries of India. His sociological vision emerged from rigorous academic inquiry combined with lived experience, giving his ideas both intellectual depth and practical significance.

Ambedkar viewed society as a dynamic structure that must evolve through equality, liberty, and fraternity. He challenged deeply rooted systems of discrimination and argued that no society could achieve genuine progress while denying dignity and equal opportunities to any section of its population. His analysis of caste exposed its structural nature, demonstrating that inequality is sustained through social institutions, customs, and cultural practices rather than individual prejudice alone.

Unlike many contemporary thinkers, Ambedkar emphasized that social transformation requires institutional reform, constitutional safeguards, and universal access to education. He believed that education empowers individuals to question injustice and participate meaningfully in democratic life. His famous call to "Educate, Agitate, Organize" continues to inspire scholars, policymakers, and social reformers across the world.

Ambedkar's sociological contributions also extended to economics, labour rights, gender equality, religious freedom, and constitutional governance. His interdisciplinary approach anticipated many contemporary debates on human rights, inclusive development, and social inclusion. Today, researchers increasingly recognize that his writings provide valuable frameworks for understanding exclusion, identity, and democratic citizenship in diverse societies.

In an age marked by globalization, technological advancement, and growing social complexities, Ambedkar's ideas remain remarkably relevant. His insistence that democracy must be both political and social reminds us that constitutional values require continuous public commitment. A society that respects diversity while ensuring justice is the foundation of sustainable development and peaceful coexistence.

Dr. B. R. Ambedkar represents not merely a historical figure but an enduring era of dynamic sociology. His legacy encourages critical thinking, ethical leadership, and evidence-based social reform. For students, researchers, and citizens alike, his work offers timeless guidance for building societies rooted in equality, human dignity, and democratic participation. His vision continues to shape contemporary sociological discourse and inspires global efforts toward a more just and inclusive world.

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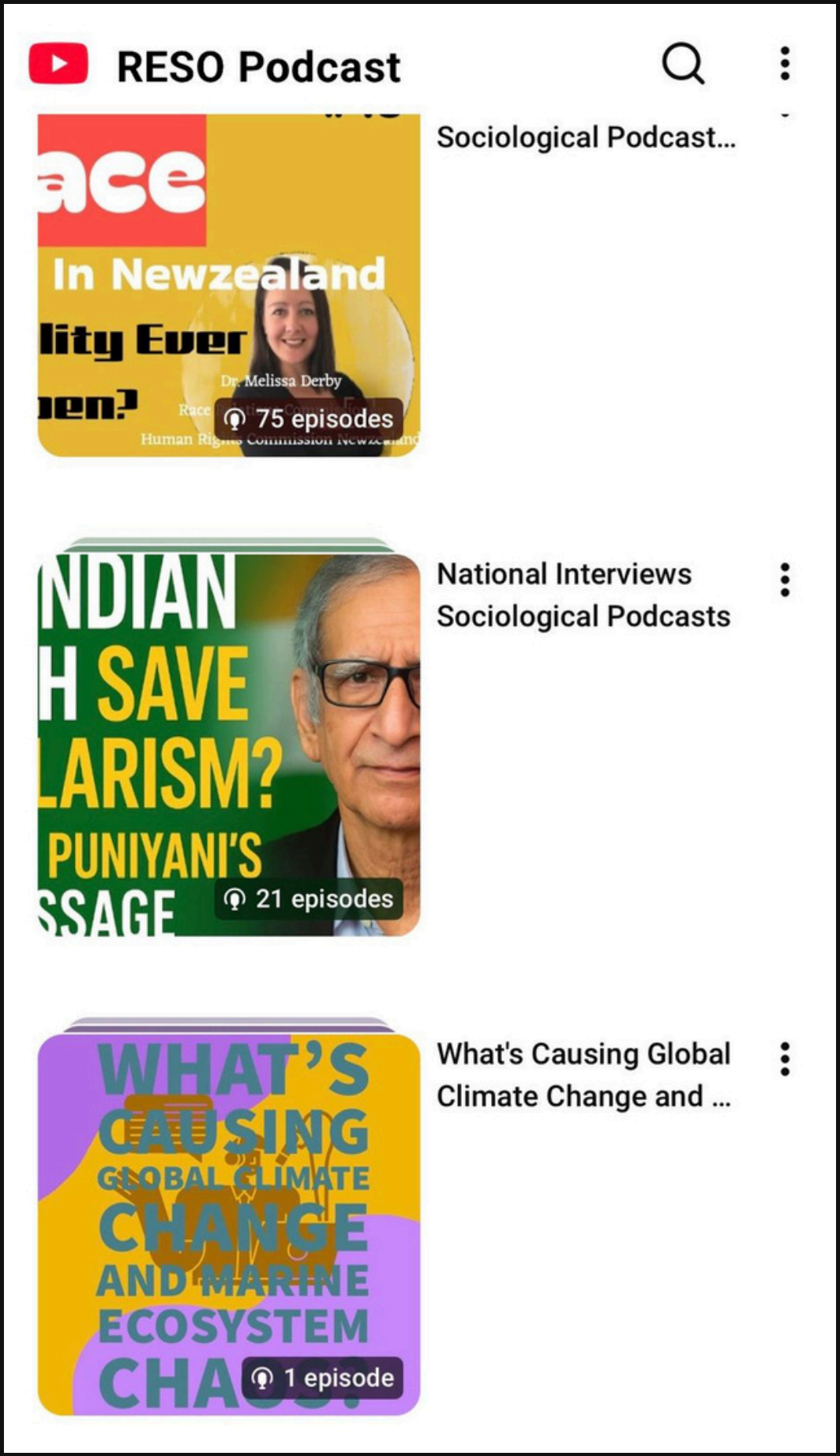

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With a strong commitment to academic integrity and quality publishing, The Reso Review invites submissions from established academics, early-career researchers, doctoral scholars, and independent researchers. Volume 3, Issue 1 (January 2026) presents diverse sociological inquiries that bridge theory and practice and encourage meaningful interdisciplinary dialogue.

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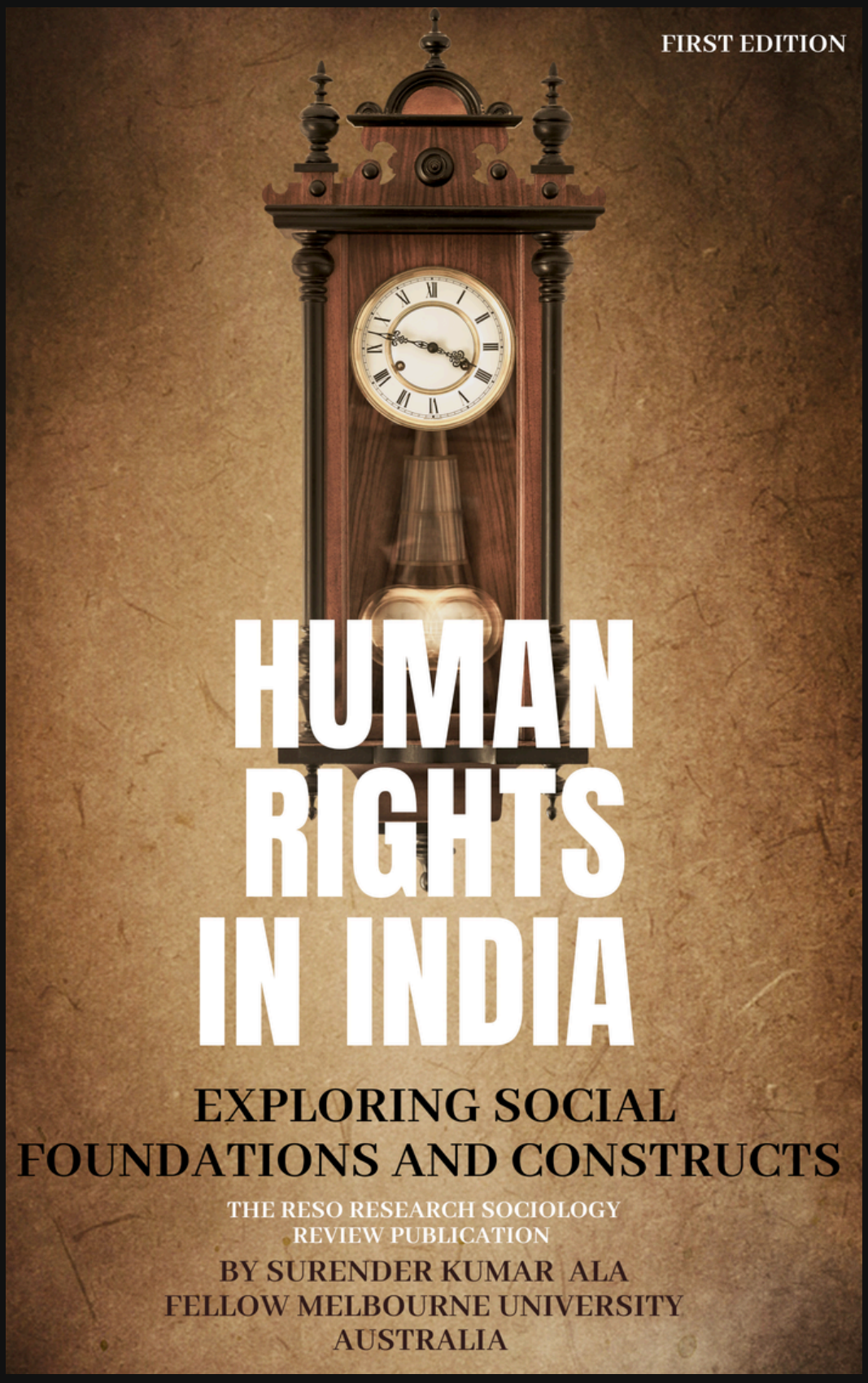

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Dr. Massoud Toussi, MD

The Influence of Different Quartz Dust Concentrations, with an Equal Total Dust Dose, on Dust Retention and Its Effects on Lung Tissue in Rats.

** 1974: Board-certified specialist in Pediatrics and Head of the Medical Department of the Iranian Tobacco Company.*
** 1978: Board-certified specialist in Anesthesiology, Protestant Hospital, Bünde, Germany.*
** 1981: Founded Elto Marketing GmbH. Germany.*
** 1988: Founded Lato Inc., USA.*
** 1989–2005: Private practice as a board-certified anesthesiologist, Germany*

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Faculty of Medicine

During the term of office of the Rector Magnificus

Anja Steinbeck
Doctor of Laws, Professor of Law,

upon resolution of the Faculty of Medicine, I, the Dean (Decanus Spectabilis),

Nikolaj Klöcker
Doctor of Medicine, Professor of Physiology,

hereby confer upon the highly esteemed, exceptionally experienced, and distinguished physician

Massoud Toussi

the degree of Doctor of Medicine, which was originally awarded by the Faculty fifty years ago, and hereby renew this degree with the highest honor and esteem, together with all the distinctions, dignity, and obligations associated with it.

Issued in Düsseldorf
in the month of February
in the year of Our Lord 2017.

Dr. M. Toussi

Resonanz und Verantwortung

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Familien und Unternehmen im Spiegel der Zeit

Mit Beiträgen von Gitta Toussi

Foreword by Raymond Aaron | New York Times BestSelling Author
FREE BONUSES AT
BENEATH THE SURFACE
Unveiling Secrets of Fame, Faith and Untold Stories
MICHELLE WILDER
AWARD-WINNING AUTHOR
Foreword by Raymond Aaron | New York Times BestSelling Author
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AWARD-WINNING AUTHOR

Beneath the Surface: Unveiling Secrets of Fame, Faith, and Untold Stories invites readers on a deeply human journey through the hidden layers of resilience, grace, and truth. Michelle Wilder, known for her intuitive storytelling and unflinching honesty, lifts the veil on the moments that define strength—those lived in silence, behind smiles, and far from the spotlight.

From the orange groves of Florida to the high-rises of New York City and the glittering promise of Los Angeles, Michelle weaves together history, faith, and personal transformation with authenticity and heart. Through stories of family legacy, friendship, fame, and heartbreak, she explores how resilience takes root in adversity—and how forgiveness, courage, and love can heal even the deepest wounds.

Readers meet unforgettable figures along the way: pioneers who shaped Florida's history, artists and dreamers who chased purpose through chaos, and women who rose from betrayal and loss with dignity and grace. These stories—some personal, some shared—echo the universal truth that we all hold light and darkness within us, and that both are needed for growth.
Through vivid storytelling and moments of introspection, Beneath the Surface reveals that resilience isn't just surviving life's storms—it's learning to dance in the rain, to listen deeply, and to rise stronger than before.

This book will resonate with anyone who has faced adversity, rebuilt from heartbreak, or simply longed to understand how faith and hope intertwine beneath the surface of ordinary lives. It's an inspiring reminder that while pain may shape us, it does not define us—and that through compassion, connection, and courage, we find our way back to light.

Beneath the Surface is not just a memoir; it is a reflection, an awakening, and a tribute to the indomitable human spirit.

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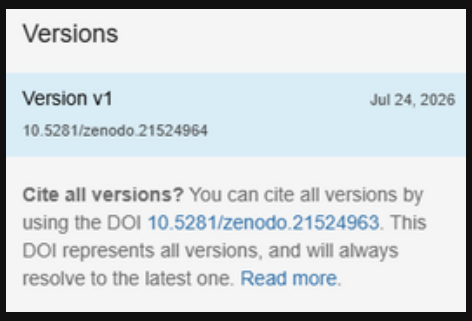
Citation

Dr. Massoud Toussi M.D., Kim Eddins Parliamentarian, Kathleen Johnson, Michelle Wilder, Gitta Toussi, Ritu G Chopra& Kumar, S. (2026). RESO Magazine (Vol. 02, Issue 05, July 2026): Global Leadership, Social Bonds, Humanity Beyond Borders, Social Justice, AI Ethics, Mental Health and Dynamic Sociology. Zenodo. https://doi.org/10.5281/zenodo.21524964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Version v1
Jul 24, 2026
10.5281/zenodo.21524964
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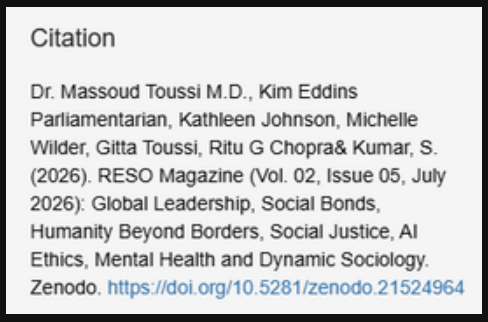
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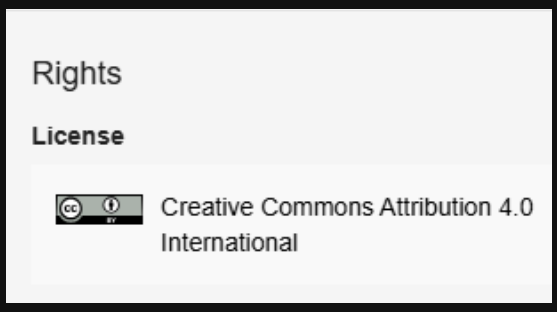
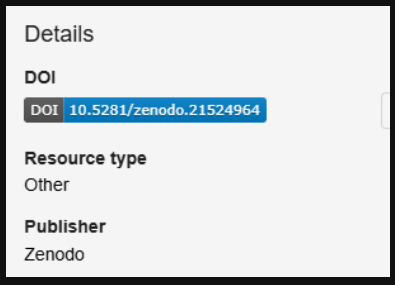
Dr. Massoud Toussi M.D., Kim Eddins Parliamentarian, Kathleen Johnson, Michelle Wilder, Gitta Toussi, Ritu G Chopra& Kumar, S. (2026). RESO Magazine (Vol. 02, Issue 05, July 2026): Global Leadership, Social Bonds, Humanity Beyond Borders, Social Justice, AI Ethics, Mental Health and Dynamic Sociology. Zenodo. https://doi.org/10.5281/zenodo.21524964





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